

# Creating a new Vision of you life

New Year New You



# What this book will be about

If you are not fully fulfilled in your life then it means that things need changing.

Well Of course otherwise there would be no need for this book.

**Is the vision you have of your life good or bad?**

Well you wouldn't be reading this book if it was good otherwise there will be no reason to write it.

So will be about changing your vision to a better one.

# Resolutions, I don't set them any more

## **I always since a kid set resolutions but did, they happen?**

No! So, when I became an adult, I started to set life changes and looking back I was always goal setting, which was never called that as a kid, but I did.

When setting resolutions, I would fall on the first hurdle and so needed a better strategy of creating good changes in my life, and when I began, for example I wanted to get into running, I set the goal and set the steps to do this, and did little runs, long distance walks to build the strength of my legs and began walking and running, and then in 2018 I did my first run, a Race For Life for Breast Cancer and then the Great North run, to raise money for the National Autistic Society and after I became a mum, the London 10K twice, the National Park Run and Thames Walk challenge.

When I used to go to dancing school always wanted to win the cup for the highest marks and I did it, and it took a long time, and made me learn that goals for me equals success where resolutions didn't.



# Focus

- You need to have focus and if you speed off somewhere else, that is fine as you can always come back, but you never know if it is right unless you tip your toe in the water.
- I remember once in the housing estate where I lived, wanted to win this stripy notebook playing kids bingo and out of nowhere I win and got that notebook.
- I focused on it and so you can always get where you want to be, but you must be focused to achieving it.



# Life Changes ideas

---

Get out    Get out more and go for long walks,  
each day or week

---

Have    Have more time to read

---

Tidy    Tidy one area in your home a day

---

Play    Play football with kids each day

---

Spare    Spare time to pamper yourself

---

Have    Have a girl's night in to spend time  
with friends not seen for a while

---

# Drive

- Find a way to make the journey to where you want to be and for that you need drive.
- What is going to push you towards your goals and changing the habits of your life.
- Do you remember the end goal you wanted out of all the small goals you set yourselves, you need create the map and create the scene.
- What is your main asset you can offer that will boost your drive towards your goals.
- Do you have a good set of people around you that will give you drive and what do they currently offer you?



# Separating the different vision's we have

There maybe multiple visions we have and so to separate them out.

- The Job you have
- Your personal life
- Life being a parent
- Being sister
- Being a mother

It's your life and your visions and so have them displayed them in different areas, like home office, the kitchen and Living room, anywhere you will see them, and your goals displayed too, and then create the map and steps you need to take.



# Set rules for yourself

This could be,

- Not accepting put downs because of others jealousy
- Want those who are on the same page and give proper support
- Make it known what you stand for and boundaries you have
- Reward yourself with each vision created is completed and plan for the next ones to build your life up even more





# Wanting to be better than what I did yesterday

Very common feelings and it for me isn't about being better anymore but creating more and following on from what you did yesterday.

Every vision is a dream which has a meaning behind it for example I visioned myself working for a local theatre and today I did a long walk, which I hadn't done for a while and as I walk passed the theatre I see a job advert and I knew I needed to walk today and think that is why, as now I want to volunteer.

I think each day should be a step forward to your vision and dream depending on what you do, and the implications of doing nothing doesn't suit.